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## WEEKLY MUSCLE BUILDING EXPERT *Interview Series*



# Mike Westerdal Interviews Dr. Kareem Samhouri

MW: Good afternoon everybody. This is Mike Westerdal from [CriticalBench.com](http://CriticalBench.com) and [LeanHybridMuscle.com](http://LeanHybridMuscle.com). We've got an interview tonight lined up with Kareem Samhouri. He's a friend of mine, otherwise known as Dr. K. He's the owner of Global Fitness, LLC. It's a complete wellness center offering nutrition, massage, physical therapy and personal training. In today's interview we're going to talk about ab training and some advanced metabolic training, which I'm really psyched to find out and learn more about that and how some different physical therapy techniques can help you get your six-pack abs.

So, welcome to the call Dr. K. Thanks for taking the time to talk with us. Why don't you introduce yourself a little bit, anything I might have left out.

KS: Oh, well thanks so much for having me, Mike. I'm really glad to be here and hopefully just lay out a ton of awesome information. As you said, my name is Kareem Samhuri. My background is I'm a Doctor of Physical Therapy as well as a Kinesiologist. So, like exercise physiologist in my undergrad background. The facility that I own really is the intersection between physical therapy and personal training.

The reason I decided to open it is because I personally used to have a lot of joint pain, like all over my body, like 8 out of 10, and it was pretty crazy. Every time I work up it was just like, "Ow." As it turned out, they tested me for all kinds of diseases. Once I balanced muscles around my joints, fat just shed right off my body and my pain went away.

And so, I knew there was something there and I approached the faculty at University of Miami, which is where I studied my doctor in physical therapy, and I said what do you think is going on here? And the most senior in the faculty basically explained to me that if he was just 30 years younger he would be starting a facility that integrates both the training and the therapy, because he thinks this is the new direction, integrating the nervous system and orthopedics and then all the advanced training concepts. It's the new direction really creating like a preventative health plan.

And so, that's what really peaked my interest. But, interestingly enough, over time, what I've found out is it really changes and morphs bodies and helps sort of the chiseled features pop out that we've so far attributed, historically, to like Greek Gods and stuff like that. I know it sounds a little bit bold, but really if you restore natural health in the body, the body sort of takes care of getting rid of the fat, and I think that's what we'll be talking about the most today.

MW: Yeah, that makes sense. I was checking out your site. When you had that joint pain, how much weight did you lose when you started using some of these techniques?

KS: It was about like 35-pounds. This is the really cool thing. Initially it took me six months to lose the 35-pounds. I was actually already working as a personal trainer for the University of Miami wellness center and I went through this process and I was training people and they were looking at me and they were like, "You're a fat loss coach?" I don't think this is working, right? But, the programs were working for them, but they just didn't have any faith in me, and I needed to get out of pain enough to actually get in shape. So, as you can imagine, it was pretty important.

Well, it took me like six months to lose that weight and then I started training people with the same methods in mind, but sort of crafting it a little bit more and

perfecting the art a little bit more. And then, all of a sudden, it turned to something that was like three months or four months and now it's really come down to about a 30-day period, up to maybe about 45-days before people were seeing absolutely radical change. A lot of it is really just kind of split-testing a method that you had before and then thinking about, what happens if I apply a little bit more neuro innervation, meaning better signal strength to the muscles? What happens if I add active rest breaks, if I work equal and opposite muscles? That's the concept that I call reciprocal inhibition, that comes from physical therapy.

That sounds complicated, but really, when I'm working my biceps, my triceps turn off. Right? Otherwise, I'd be stuck like half way in between, not being able to bend or extend my elbow. So, rather than rest, if we know that working my biceps turns off my triceps neurologically, I'm actually doing the better job of resting my triceps after I work it out by hitting my biceps next, because there's no signal going to that muscle. As opposed to when you walk out of the gym with that pumped-up feeling, that means you still have like a lot of neuro myogenic tone going on. Does that make sense?

MW: Yeah, it sounds a little bit like antagonistic muscle groups. It might be a good idea to work together. Is that part of what you're saying?

KS: Yeah, but then biasing it so that...that's exactly right, but then biasing it at different speeds, different angles and different repetition schemes. So, if you're working a strength set on...let's say you're picking a couple of main muscle groups for the day, let's just call them lats and bis for example. And then you want to emphasize those muscles, building in higher endurance super sets to act as a rest break, whereas you might usually take two minutes rest, hitting that many repetitions of the equal and opposite muscle can produce a better rest break than rest itself.

MW: Oh, wow. So, I mean, you've been on TV talking about this, haven't you?

KS: Yeah, I've been really fortunate and blessed to be in the position to be in the NBC 10 show as Philadelphia fitness expert, which has been a whole lot of fun, because you can reach a bit audience at once, you know?

MW: Yeah, that's really cool. What did you do after college? Did you go get some experience at some other training facilities and hospitals after you were done working at the Wellness Center at University of Miami.

KS: Yeah, well, during my time at Penn State, I had a pretty cool opportunity of starting a wheelchair basketball team, so I did some of that, and I worked with Penn State power training athletes there. And then, when I went down to the University of Miami, as I said... I worked with some senior groups at Penn State, and stuff, too. I kind of carried that experience forward and worked at the University of Miami Wellness

Center and then started my own company, downtown in Miami and one of the icon buildings of downtown. It was like a gym overlooking the ocean. It was unbelievable and they wanted to start a personal training company. So, they asked me to do that inside their gym.

That was really neat. That's where I got exposed to all kinds of Olympic athletes and pro athletes and I started working other training centers and then pursuing all kinds of different internships and following different mentors and really had the opportunity to see performance on an elite level. And then just the opposite, you know, in like a geriatric specialization facility, like older adults with an average age of 79. And the funny thing is, the same training principles apply. They just have to be more strict than somebody who's 30. Because that person can also really lose weight and get in great shape and build strength, but they have to work a little harder at it and the funny thing is, everybody thinks they're supposed to work lighter.

So, it was really interesting to gain the experience of 400-pound people, working with them, you know 100-pound, 79-year-old women, working with them and then elite athletes, Olympic athletes, that sort of thing as well.



MW: Yeah, that's really cool that you were able to work with such a wide spectrum of people. So, it's not something that just works for genetically gifted people or people that are totally out of shape. That's really cool.

KS: Yeah, you know, there's got to be some differences in the intensity of a program initially, depending on the level you're at, but ultimately a human body is a human body. It's going to respond to the same idea.

MW: So, do you sometimes call this 3D ab training? It's kind of like a catch-phrase I saw in a couple of your articles I read.

KS: Yeah. That really comes from the idea of multi-planar movements, so moving forward, backward, side-to-side and with rotation, is really important. And the other thing is your abs functionally work as stabilizers, So, they like control you from falling forward or while you're walking or standing up from a chair, or running. And so, training them in a way that has this forward/backwards or side-to-side sway allows them to work functionally in your workout. And so, for the next like couple of days, every time you remind them, with a movement like standing up from a chair or walking, your abs turn back on and engage again. So, this really helps with the afterburn effect as well. So, that's why I'm talking about in 3D, really taking abs-specific training and applying it to the 3-dimensional world where your abs end up working all day, every day.

MW: And that would be opposed to what you typically see people doing like one straight isolated ab movement, like crunches or sitting in a machine or something like that?

KS: Yeah, because then you're basically hoping for that opportunity during the day to recreate that movement, which might be getting out of bed, but then, it's not really happening again where you're going to be laying down and you simulate a crunch-type movement.

First of all, that targets your rectus abdominis, which is the six-pack muscle, but it's the least functional of your abs and it doesn't respond to reducing belly fat above the muscle, just below the skin, until you've shaved down and stabilized your obliques and transversus abdominis. And your obliques are like your side ab muscles. And that doesn't really work nearly as well by doing oblique crunches and stuff, as it does by doing stability-based exercises and things that require a balance reaction.

MW: So, which kind of tool do you use for those kind of exercises?

KS: You know, it's funny because the more tools you use, the more fun it gets, I think. But, you don't have to have all of them. All you really need to be able to do is your body weight. To take it a level further and add a little bit more variety to your routine comes

an exercise ball. If you really want to get fancy and use everything that I include in Ab Strength Guide and really take it away from there, when you're checking it out, I mean, if you go to CriticalAbs.com, what you're going to see is I'm going to be using the Bosu ball, an exercise ball, There-Bands, a pair of dumbbells and a pair of Dyna-Discs.

But, all of these things can be substituted for household items. Like, the Dyna-Discs can be couch pillows. The dumbbells can actually be whenever you're bearing weight on them, can be like cinder blocks or bricks, or you could even be holding those in your hands. Again, just going through the movements with your body weight alone, especially for somebody that isn't totally ripped-up yet, and they're just looking to really shed some body fat, is definitely enough to get you going.

MW: Yeah, and those seem like pretty basic tools and if you don't have that equipment you can do it with the body weight or replace it with other things. It shouldn't be too expensive to get a hold of those things if you don't already have them. You did mention losing some weight or having that extended calorie-burn or that afterburn you were talking about. Could you expand a little bit about that for us?

KS: Yeah, really this comes down to... A lot of people maybe have heard of this term by now, don't worry if you haven't, but EPOC, which is like excess post-oxygen consumption. After you finish exercising, what happens is, if you exercise intensely you deposit a lot of lactic acid in your body. This alters your body's pH or chemical balance and it makes it more acidic. Well, your body has to work to restore or elevate your pH again. That takes energy and costs oxygen, because oxygen is consumed in all energy processes. The sugar that's consumed is being done directly in your workout and then oxygen continues to be consumed for a couple of days to follow, in an aerobic way, to sort of repair muscle, heel joints, to get rid of this lactic acid and restore pH.

And so, every time your body eats this molecule of oxygen, it burns some calories. And this is what takes place for a couple of days to follow when you do the right kind of targeted, 10 to 20 minute exercise program.

MW: Okay. That sounds cool. So, how many days? You said you can have that afterburn effect for up to what, 72-hours?

KS: Yeah. The current research... I don't know, maybe it's worth checking out if you're interested. It basically suggests that with 20-minutes of high intensity resistance training or anaerobic activity, you can get 2 to 3 hours of high intensity cardiovascular effect from your exercise program in terms of calories burned and fat burning effect. So, the studies are more recently published and popular series of articles that you can read. However, I would tell you that 48 to 72 hours clinically is what I tend to see.

So, Ab Strength Guide is set up to be able to be five workouts a week, they're all ten-minutes long. But, theoretically, all you would have to do is exercise every other day and you would consistently have this elevated metabolism that over the course of a few months, you've tricked your body into a metabolic shift where it now believes your metabolism needs to be higher at all times. And that's the difference between somebody who gets away with eating things and somebody who doesn't.

Part of that is your genes, but what you can create comes from temporarily elevating your metabolism just often enough for it never to fall, and then your body believes that's where it should be.

MW: Wow. So, just working out every other day, you could keep it in that fast metabolic state.

KS: Right. Exactly. In fact, a lot of people do do that. The funny thing about it is, I think I actually mention this, if you check it out at Critical Abs. I think I actually mention I originally designed this program to be supplemental. So, let's say you already do like an hour workout a day. I originally designed this program to be ten minutes in addition to that to help you rip-up the mid section. And that's how I initially used it.

And then, I found out people were just ditching their exercise programs altogether and just doing the ten minute. And interestingly enough, because they're able to put that level of intensity into those ten minutes, whereas you can't possibly sustain that, just think of the 100-meter dash. You're already decelerating by the end of the race, right? And that's only a few seconds.

So, if you think about it, ten minutes is even a lot to ask. But, the fact that people are putting in such a level of intensity in those ten minutes, they're getting as good, or better, results as combining it with another program. So, since then, some people have tried it three days a week. The most common procedure to follow is five, ten-minute workouts a week, though.

MW: Well, I like that. I like that flexibility, because there are a lot of people that are already on a program or they like the program they're on, but they're just not getting the results with the abs they're looking for. So, you can kind of use this as a plug-in, use it with what you're doing, or you know, if you want to do just this, that's another option. So, I definitely like the flexibility in it.

KS: Cool. Yeah. Personally, the way I tend to use it is, if I'm on vacation, it's my most portable program. You can do everything body weight. So, having gone through the whole program already, many times and everything else, and just always wanting new variety and always being interested in new programs out there, the way I use this program is just like my vacation workout. Because, in ten minutes, I forget that I even

had a workout and had to make time for it and I'm back to my vacation. And that makes a big difference for me.



MW: Right, or anybody that travels a lot, too. I mean, I think we can all spare ten minutes a day.

KS: Yeah, exactly.

MW: You've got ten minutes. So, how does nutrition play into this? I mean, are you going to see the abs if you're eating too many calories or not eating the right foods? How much do you have to balance the workouts with how you're eating?

KS: This is a point that's come to be controversial, especially on NBC when I've talked about a lot of user feedback and viewership that have called in, written in and stuff like that, because I don't advocate dieting. I really don't. However, there is a distinction between not advocating dieting and not eating well. Good abs to a certain extent are made in the kitchen, which means you need to make good choices. You need to avoid eating out where they're just loading your food up with fat as much as possible and sodium, the entire time period you're trying to cut, get lean and get ripped abs. You need to make smart choices. There's no beating around the bush there.

But, in terms of having to alter your diet significantly, going this radical diet or anything extreme, there's nothing further from the truth. You can produce results that way, but the trouble is with caloric deprivation over time, your body learns to starve. And when your body learns to starve, your reward for that is less food over time. Which means that if you go down from like, let's say...this is like a typical dietary approach, right? You might start at 2,500 calories then go to 2,400 so on and so forth, all the way down until you're at like 1,300 calories a day.



Well, the trouble with this is, let's say that you sustain 1,300 calories a day for the next three weeks or six weeks, and then you eat 1,500 calories one day because you say, "Oh, what the heck. It's still 1,000 calories less than I'm used to eating." The trouble is then you gain weight, but you're gaining weight with 1,000 calories less a day than what you used to eat. And so, that's why I don't believe in dieting as a long-term solution.

It's nice to see jump-starts sometimes, but to be honest with you, if you haven't tried a super-intense program that's really just compact like this in the past, you're going to see enough jump-start results anyways that there's no reason to suffer through it.

And then, the last point about that is, you need to nourish your body to rebuild muscle, to heal as fast as possible in the next two to three days to follow – remember that costs energy, so you need calories for that. And then, if you are reducing your muscle to fat ratio by not consuming enough to maintain the muscle you have on your body, you're lowering your metabolism anyways. So, you might see a quick result, but you're going to gain the weight back. And that's why I really start preaching away from avoid radical dieting and start making healthy nutritional choices.

MW: Yeah, I definitely agree with that. That sounds a little bit like the G-flux theory where your body is a lot more efficient if you're working out harder and taking in more calories, versus not having as much activity and eating less.

Also, when people do the crash diets, I mean, you can stick with that for a little bit, but you're suffering through it and eventually you crack and then you just binge, and it's not a long-term solution. This seems like a much more efficient, just try to clean up what you're eating, just make healthy choices and just make sure you get plenty of food, keep the metabolism going.

KS: Yeah. A lot of this comes down to thinking about food as your fuel and exercise as your fire, right? So, if you want to start a fire and it's raining outside, it's going to be really hard to get that fire burning. But, if you're just lighting a puddle of oil because you've set everything up correctly and you already have your metabolism ready to just fire-up your workout and give you the best energy output ever, then you're going to light it on fire, right? And you're going to burn so many more calories for the next couple of days, and ultimately you're just going to see a much better exercise effect.

And in terms of the thermal effect, which is really important to losing abdominal fat, you want to increase the thermal effect inside your gut as much as possible. That's most easily achieved by using your gut. There are muscles in your intestines as well. So, there is a thermal effect to digesting food that you'd be missing out on by not having enough.

MW: Oh, wow. I didn't know that. Cool. Is it possible to over-train your abs? I mean, doing this every single day? Or, is the intensity just right so that there's an over-training, and I've also heard people say the abs are a muscle group you can't over-train. I've always wondered if that's true or not.

KS: That's a great question, Mike. All right. Well, here's the simple answer to that. It's possible to over-train any muscle in one of two circumstances. One, you're either in a very low rep scheme and you're absolutely working in like a hypertrophy phase where you're going nuts on the muscle. You might not be taking enough rest break and you might hit that muscle again tomorrow when there's too much localized lactic acid deposit and small micro muscle tears, because that's what happens to a muscle for it to grow.

Now, the other situation is in a very, very high rep or high intensity range where you're like at 100 reps and you just keep hitting this muscle at the same angle, the same position, day after day after day and never allowing it to heal, and for some reason, it's probably utilized in your day or you're not stretching or you're not working the other side of your body.

In the second example, when you're at this high repetition scheme, if you're working the other side of your body, then you're always pulling and counter-pulling. So, you're never really forcing the muscle to shorten and shorten and shorten over time, which is really where the injury starts to take place. It's either a muscle gets over-lengthened, so if you're training your chest over and over again, you can pull your lat because that's getting over-lengthened. Or, it's over-shortened, which again, if you're training your chest all the time, would be your chest.

The other reason when you're lifting for strength is actually you're tearing apart more muscle fibers when you're lifting in this really low repetition range and hitting momentary muscular failure. Neither of these situations is true in Ab Strength Guide, so that's why you're safe to train your abs day after day.

The other reason is they're being used functionally throughout. You're not doing sit-ups, that's not what you're doing. So, you're really not isolating and training that muscle, you're using them the way they need to be used in daily life.

So, that actually gets answered, if you're still with me. Do you have any questions about that so far? Or, am I answering that pretty well?

MW: No, that was a really good answer. I mean, that makes perfect sense.

KS: Cool. So, the last piece of this is training your core, like your true core, as opposed to your abs. Your rectus abdominis, as I was saying before, is your six-pack

abs muscle. It's what gives you the show for the muscle. However, it's all the other muscles that allow your rectus abdominis to pop out, and those are your true core muscles.

They include your internal oblique, your external oblique, your psoas, which is a deep hip flexor, your transversus abdominis, which is like a human waste belt, and then your multifidi, which are counter-rotators of your spine, located in your back. They are little triangularly shaped muscles.

It's those muscles that are going to produce the six-pack abs result in the fastest way possible, and those muscles are what's referred to as tonic, meaning that they hold tone throughout the day, all day, every day. As opposed to phasic muscles, which are reach and grab, on/off muscles, like your biceps, forearms, hands, so on and so forth. So, when you're working tonic muscles, you can't over-train them. When you're working phasic, you can.

MW: All right. Cool. I didn't know about that either. I'm learning a lot today.

KS: That's what I'm here for.

MW: Good thing this is getting recorded so I can listen later. All right, let's switch gears a little bit. How do you feel about different supplements like fat burning supplements and all these different advertisements saying you can get abs by taking a pill?

KS: I am not a big fan of pills, potions, devices, e-stim things, ab rollers, ab machines, any of that stuff. Either they're working you in isolation or it's a pill or a potion, and here's the thing. Most of the pills and potions don't work nearly as well as they say they do. Secondly, the thermogenic effect that they're referring to is not enough to create the effect, almost all the time. Third, they're usually the last five or ten percent that people are trying to lose, not the first 90% of getting things right. So, let's focus on the most important part. Instead of spending 90% of our time working on the solutions that produce 10% of the results, let's switch that around.

And then, in addition to that, they can be very dangerous. They have interactions with all kinds of other supplements that may be good for you, including multivitamins like vitamin E that can all of a sudden create heart palpitations, can do all kinds of things to create abnormal blood flow and circulation in your body, put you at risk of other disease states or other conditions. And again, they just don't produce a very measureable result and it's not an FDA regulated industry, which means that what they say is in the bottle very well might not be in there.

MW: That's definitely true. I like that answer. I wasn't going to argue with you if you said the other thing. But, I like that answer.

So, what do you think the biggest misconception is about ab training? What's the one thing people find out you've got the ab training guide and then they want to ask you ab questions. What's the one thing you usually have to overcome that people get wrong about ab training?

KS: Probably the number one thing is time spent. Well, that should be coupled with rest periods. People tend to overwork and over-shorten their abs and not rest enough. So, you have a couple of choices. It's not to say the only way to get ripped abs is to do a ten-minute a day program. You could certainly stretch it out to an hour or an hour-and-a-half and a few days a week. That's cool, especially if you've got the time to do it.

But, there should be proper rest periods, because then you're going to be taking more of the viewpoint of or the school of thought of building muscle to reduce fat, which is great. You can't really do that in ten minutes. You can shave down a lot, you can increase some tone, nervous system activity, that sort of thing. But, you can't really build a lot of muscle in ten minutes.

However, in the longer approach, you can, but then people are not taking enough rest. And I think they're confusing the two. So, people think you have to do all kinds of like lengthy cardio and then after the cardio they think you have to do all these strength sets in a row, but without the proper rest periods, they're not really strength sets anymore, they're just more cardio.

So, you're kind of doing the same thing over and over and over again, taxing the muscle in the same way and your body's response to that is to adapt. That's why marathon runners have like 12 to 14 percent body fat and sprinters have 4% body fat, at like the Olympic level. And you can see this time and time again. The sprinter does short bursts of activity and gets really ripped. The marathon runner's body has learned to adapt to repeated stress or demand over time, and that's referred to as Wolf's Law. That's just something that's worth knowing about your body. Either you need to increase the rest periods to let your muscle rejuvenate and then work in the low rep range to build strength to overcome your fat by metabolic standpoint over time. Or, you need to shed all the fat that's on your body first and then start building up muscle from there, if that's your goal.

MW: Yeah, that's pretty cool. And I mean, can you do both at the same time where let's say you're doing a low rep program and you're working on the muscle building, that increases your metabolism by just having more lean muscle and then you have this more of a metabolic ab stabilizing workout afterwards. Those two together, would that just kind of double ramp-up your metabolism?

KS: Well, I was speaking to **Lean Hybrid** here and I was sort of leading you a little bit here, Mike. Yeah, completely. Absolutely. So, the way to treat that from my viewpoint, I'd love to hear your comments on it would be to probably do two to three days a week of your low rep range stuff so that you're making sure that you're still in an anabolic state for your body, and then shave down all of the excess fat deposit due to the extra caloric consumption that you have to have to build the muscle by hitting Ab Strength Guide on the opposite days.

MW: All right. Cool. I just had to clarify that.

KS: Any other suggestions there? Does that work for you to set something up that way?

MW: I'm just trying to find out how to get this to work with the people that are using our programs right now. It sounds like it works pretty good.

KS: Cool, cool. Yeah, I just wanted to hear your suggestions on that as well.

MW: So, with the Ab Strength Guide, what's that come with? What are some of the specials going on right now? Are you having a birthday sale going on, too?

KS: Yeah, it's a birthday sale. Yesterday was my birthday, so for the rest of the week, **Ab Strength Guide** is 75% off.

MW: How old are you?

KS: I am 29 right now.

MW: Oh, not the big 3-0. I thought somebody said you turned the 3-0.

KS: No, that's next year. It will probably be something even bigger. But this year is 75% off Ab Strength Guide. It comes with five different exercise modules. So, one workout a day for five days, if you chose to treat it that way. Otherwise, just rotate around them if you're already using Lean Hybrid, for example, and you want to integrate it. It comes with an Abs for Backs Guide, so a way to build abdominal strength specifically to reduce pressure on the low back, which is really important for anybody building size, because your spine kind of dictates how much neurological signal you'll send everywhere else to build the muscle you need. So, unless you protect your spine first, your body sends off this signal or chain of events that essentially says turn your muscles off and let your extremities go weak so that we can work on strengthening here first, because everything else could pull on my and hurt me.

So, the Abs for Backs Guide comes with it. Weight Loss Cardio comes with it, which is almost a misnomer, because it's like the Bible on cardio, whether it's smoking

cessation, decreasing cholesterol, decreasing medication, or just fat loss and interval training and that sort of thing.

In Weight Loss Cardio, I get into some of the different machines that you can use for cardio, but really innovative ways to use them like having dumbbells in your hands when you're on an elliptical and doing cool things with them, using Thera-Bands while you're training. Interesting things.

MW: That sounds hybrid. That sounds real cool.

KS: Yeah, exactly. So, ways to sort of combine your efforts. And then, the biggest bonus of them all is, right now I'm actually giving away three months of Lift Hard, Play Hard, which is like my top program of online coaching that I have on the internet. And that just comes with like two workouts a week and everything else. So, it just provides a great reference. It has like hundreds of exercise videos that come with it, pain prevention videos from head to toe, in case you ever had any joint injuries or you're worried about them, and all this like mindset audio stuff, some nutrition coaching and everything else.

So, that all just comes with it during the time of this special for three months. It's just meant to be like the most generous gift I could give. I really just want to make this a no-brainer for everybody. You know?

MW: Yeah. It seems like it. I mean, 600 exercise videos in Lift Hard, Play Hard. That's a humongous database. We do have a lot of our followers and blog visitors with back pain just from some of the heavy lifting we do and stuff like that. So, I think that Abs for Backs Guide is worth it alone, just for that. So, yeah, that's really cool. Thanks for putting this together for us.

And the site where people can go get some more information? You've got some videos up there, too. You've also actually got a Six Pack Abs presentation people can go watch right now, right?

KS: Yeah, that's what I encourage everybody to do that's listening right now, is go to [CriticalAbs.com](http://CriticalAbs.com). You're going to find a free video presentation out there as soon as you get to the page. I'll make you an offer at the end of the presentation...I just told you what the offer is. It's a no-brainer offer. Take it or leave it. But, in the presentation you're going to hear some really awesome stuff that tells you...it sort of solves through a lot of the myths that are out there regarding training for six pack abs and how to lose belly fat. And then, it also teaches a lot about the methods. You can even see some of the NBC clips I was on and stuff in that presentation.

So far, the feedback has been that this information has been extraordinarily helpful and I just hope it helps you, too. I'd encourage you to go to [CriticalAbs.com](http://CriticalAbs.com) and check that out.

MW: Yeah, it's a great presentation. I've had a lot of people email me back after I sent out some of your top ten ab exercises and people checked-out the presentation and said it was awesome. Elliott said it was one of the best presentations he's seen online. I think he sent you an email about that.

KS: Yeah, I did hear from his yesterday. That was nice. It was really nice to get that feedback.

MW: Yeah. Well, thank you very much for taking the time and helping everybody out and sharing some of your information with us. I guess I'll see you probably in about a month-and-a-half.

KS: Yeah, I'm looking forward to it, in Vegas. Vegas, baby, Vegas.

MW: Yep. Vegas.

KS: Well, thanks so much, Mike. I appreciate you having me.

MW: All right. Thanks Dr. K. We'll talk to you soon.

Everyone head over to check out Dr. K's [Double Edged Fat loss Program](#).

